



# Natural-Born Intuition: How to Awaken and Develop Your Inner Wisdom

*Lauren Tribodeau*

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## **Natural-Born Intuition: How to Awaken and Develop Your Inner Wisdom** Lauren Tribodeau

Natural Born Intuition is a practical, step-by-step guide to living your best life through the process "Dr. Lauren" calls Knowing-living from a deeply guided, wholly trusted sense of inner wisdom. By demystifying intuition, "Dr. Lauren" teaches you how to bring your intuitive right brain and your analytical left brain together. Using a simple self-assessment tool she developed, Dr. Lauren helps you determine your natural intuitive style-a two-part combination of the five intuitive types: Visual, Auditory, Sensory, Body Based, and Multisensory. She then provides specific techniques designed to expand your natural-born intuitive style into a reliable life guidance system. Natural Born Intuition helps you understand: \* That intuition is a natural extension of our senses, not some special "sixth sense." \* When to rely on intuition-and when not to. \* How to use intuition to enhance the success of your relationships. \* Why intuition blended with analysis is the most powerful problem-solving technique you can use. \* How to bring intuition to practical tasks-from finding a parking place to buying a home.

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